

WIC RISK FACTOR REFERENCE SHEET - WOMEN

PG	BF	PP	Risk Factor Codes and Descriptions (must be present at certification unless otherwise noted)	
1A*	1A*	5A*	01	PG, all trimesters: Hgb <10 gm (smokers <10.3 gm) or Hct <30% (smokers <31%) BF/PP: Hgb <11.1 gm (smokers <11.4 gm) or Hct <34% (smokers <35%)
1B	1B	6B	02	PG, by trimester: Hgb <11 gm, <10.5 gm, <11 gm (smokers <11.3 gm, <10.8 gm, <11.3 gm) or Hct <33%, <32%, <33% (smokers <34%, <33%, <34%) BF/PP: Hgb <12 gm (smokers <12.3 gm) [if 12-<15 yrs: <11.8 (or <12.1)] or Hct <36% (smokers <37%)
1A*	1A*	5A*	03	Blood lead ≥10 mcg/dL within last 12 months
1A*	1A*	5A*	10	Pregavid BMI <19.8 (PG); Pregavid or current BMI <18.5 (PP, BF <6 mos); Current BMI <18.5 (BF ≥ 6 mos)
1A*	1A*	5A*	12	Pregavid BMI >29 (PG); Pregavid or current BMI ≥30 (PP, BF <6 mos); Current BMI ≥30 (BF ≥6 mos)
1B	1B	6B	13	Pregavid BMI 26.1-29 (PG); Pregavid or current BMI 25-29.9 (PP, BF <6 mos); Current BMI 25-29.9 (BF ≥6 mos)
1A*	1B	5B	14	High prenatal gain: PG (all trimesters): ≥7 lbs/month. BF & PP: Total weight gain above recommended
1A*			15	Low prenatal gain: Weight gain below shaded area on weight gain grid OR T-1: weight below pregavid; T-2 or -3: < 4 lbs/mo (underweight), <2 lbs/mo (normal/overweight), <1 lb/mo (obese)
1A*	1A*	5A*	20	Age 17 years or less at time of conception (PG - current pregnancy; BF/PP: most recent)
1A*	1A*	5A*	21	<20 years at conception w/ ≥3 previous pregnancies ≥20 weeks (PG: current pregnancy; BF/PP: most recent)
1A*	1A*	5A*	22	Conception before 16 months postpartum (PG: current pregnancy; BF/PP: most recent)
1B			23	Inadequate prenatal care: at 14-21 wks gestation: 0 visits or unknown, 22-29 wks: ≤1 visit, 30-31 wks: ≤2, 32-33 wks: ≤3, ≥34 wks: ≤4; OR 1 st visit in T-3
1A*	1A*	5B	24	Multifetal gestation (PG: current pregnancy; BF/PP: most recent)
1A*	1B	5B	25	LBW (<5.5 lbs or <2500 g), Preterm (≤37 weeks gestation) (PG: any hx; BF/PP: most recent); FGR ¹ (PG)
1A*	1B	5B	26	Birth weight ≥9 lbs (≥4000 g) or ≥90 th %ile weight for gestational age (PG: any hx; BF/PP: most recent)
1B	1A*	5A*	27	Hx of birth with nutrition-related birth defect ¹ (e.g., NTD, cleft lip or palate) (not a risk if had tubal ligation)
1A*	1B	5B	28	Fetal death (≥20 wks gestation) or neonatal death (0-28 days) or ≥ 2 spontaneous abortions ¹ at < 20 wks (PG - any history; BF: most recent with 1 or more infants living; PP: most recent)
1A*			30	Hyperemesis Gravidarum ¹
1A*	1B	6B	31	Gestational Diabetes or hx of ¹ (PG: current or previous PG; BF/PP: most recent pregnancy)
1A*	1A*	5A*		Chronic disease ¹ , genetic or CNS disorder ¹ , medical condition ¹ , depression ² , drug/nutrient (see back)
1A*	1A*	5A	60	In past 6 mos: AIDS ¹ , HIV ¹ , TB ¹ , pneumonia ¹ , hepatitis ¹ , meningitis ¹ , ≥3 episodes bronchiolitis ¹ , parasitic inf ¹
1B	1B	6B	61	Major surgery (including C-sections), trauma or burns severe enough to compromise nutritional status (if >2 mos: need for nutritional support ¹)
1A*	1A*		62	Daily smoking of cigarettes, pipes, or cigars (any quantity)
1A*	1A*	6B	63	Alcohol use (PG: any use; BF & PP: routine ≥2 drinks/day or ≥5 drinks on same occasion in past 30 days). Illegal drug use (any use) (self-reported OK)
	4C	6C	68	<400 mcg folic acid (synthetic) from fortified foods and/or supplements daily
1B	1A*	5B	70	Food allergy ¹
1B	1A*	5B	71	Lactose intolerance ³
1A*	1A*	5A	72	Dental problems ³ (see back), gingivitis of pregnancy (PG only)
4C	4C	6C	74	Inadequate diet: PG/BF: <2 serv fruit, <3 serv vegetables, <2 serv milk products, <6 servings grains, <4 oz meat PP: <2 serv fruit, <2 serv vegetables, <2 serv milk products, <4 serv grains, <4 oz meat
	4B		75	Excessive caffeine (≥3 cups coffee or equivalent)
1A*	1A*	5A*	77	Developmental, sensory, or motor disabilities interfering with ability to eat (see back)
4A*	4A*	5A*	78	Limited ability to make feeding decisions and/or prepare food (see back)
4C	4C	6C	79	Other dietary: pica; total vegetarian; highly restrictive diet; inappropriate, inadequate, or excessive vit/min supplements or herbal remedies, PG not taking 30 mg Fe daily; other (document)
				80: BF a Priority 1A infant; 81: BF a 1B 82: 2B; 83: 4A; 84: 4B; 85: 4C
1A*			86	Pregnant woman currently breastfeeding
	1A*		87	Special breastfeeding needs (see back)
			88	Undecided or intends to breastfeed (this is tracking code ; not a risk)
			89	Food insecurity (this is tracking code ; not a risk)
4B	4B	6B	90	Migrant, homeless, victim of abuse/battering in last 6 mos, foster care (entered or changed homes in last 6 mos)

* "High risk" risk factor; individual contact recommended - CPA should use judgment; person will be included on Recommended Secondary Education Report.

¹ Diagnosed by MD as self-reported by applicant, or as reported or documented by MD or someone working under MD's orders.² Diagnosed by MD or psychologist as self-reported by applicant, or as reported or documented by MD or someone working under MD's orders.³ Diagnosed by MD as self-reported by applicant, or as reported or documented by MD or someone working under MD's orders OR well documented by CPA.

WIC RISK FACTORS FOR WOMEN, Supplementary Information

Definitions

FGR/Fetal Growth Restriction (replaces term Intrauterine Growth Retardation): <10th %ile for gestational age based on fundal height, abdominal girth. Usually defined as fetal weight <10th percentile for gestational age.

Lists of ALLOWABLE Risks

32-49: Chronic disease¹, genetic or CNS disorder¹, medical condition¹, depression², drug/nutrient interaction:

32 persistent (moderate or severe) asthma requiring daily medication¹, 33 cancer¹, 34 Celiac disease¹, 35 cerebral palsy¹, 37 cystic fibrosis¹, 38 depression², 39 diabetes¹, 40 eating disorder¹ (e.g., self-induced vomiting; purgative abuse; alternating periods of starvation; use of drugs such as appetite suppressants, thyroid preparations or diuretics; self-induced marked weight loss),

41 epilepsy/seizures², 43 gastrointestinal disorder¹, 44 heart disease¹, 45 hypertension¹, 46 inborn error of metabolism¹, 47 Pregnancy Induced Hypertension (PIH)¹, 48 renal disease¹ (excluding urinary tract infections)

49: Down's syndrome¹, drug/nutrient interaction (document), hypoglycemia¹, juvenile rheumatoid arthritis¹, lupus¹, multiple sclerosis¹, muscular dystrophy¹, nutrient deficiency disease¹, Parkinson's¹, Sickle Cell Anemia¹, thalassemia major¹, thyroid disease¹; other CNS disorder, genetic or congenital disorder, infectious disease, or medical condition that interferes with nutritional status¹

72: dental problems³ that impair ability to ingest food in adequate quantity or quality: tooth decay, periodontal disease, tooth loss, ineffectively replaced teeth, other (document)

77: developmental, sensory, or motor disabilities interfering with ability to eat: minimal brain function, feeding problems due to developmental disability such as PDD (including autism), birth injury, head trauma, brain damage, other disabilities; other (document)

78: limited ability to make feeding decisions and/or prepare food such as ≤17 yrs of age, mentally disabled/delayed², mental illness such as clinical depression², physically disabled (e.g., blindness, para- or quadriplegia, or some physical anomalies), currently using or having history of abusing alcohol or other drugs; other (document)

87: Special breastfeeding needs: severe breast engorgement; recurrent plugged ducts; mastitis; flat or inverted nipples; cracked, bleeding or severely sore nipples; age ≥40 yrs, failure of milk to come in by 4 days postpartum, tandem nursing

NOT ALLOWED Risks

Biochemical: history of anemia requiring treatment

Anthropometric: Abnormal postpartum weight change, maternal short stature

Clinical/health/medical: ADHD/ADD, bronchitis, respiratory infections (including chronic or recurrent), history of post-term delivery, low level of maternal education/literacy, placental abnormalities, hemorrhage associated with pregnancy, preeclampsia/eclampsia (rationale is that hypertension, a symptom, is already allowed), nullipara, pregnancy at age >35, passive smoking, smokeless tobacco, smoking for nonlactating postpartum women, urinary tract infections, consumption of toxic substances, accidental poisonings

Dietary: excessive caffeine for PG or PP, food insecurity, food intolerances other than those specifically allowed, specific nutrient deficiencies, consumption of water contaminated with nitrate, consumption of fish from contaminated water, vegetarian diets other than Vegan

Other: "other" risks except when stated as allowed